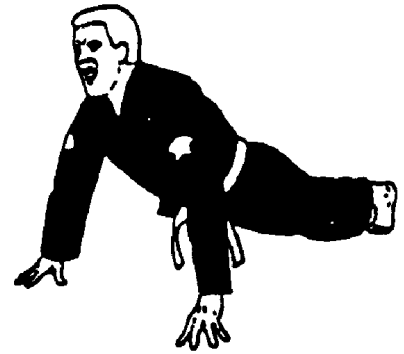


中國少林武藝中心

CHINESE SHAO-LIN CENTER

FOR: WHITE BELTS AND ABOVE

Yin/Yang Stretching and CONDITIONING



Positive and Negative (Reverse)
Training

A Unique & Advanced Concept / Least Time Invested for Greatest Benefits!

Tuesday, February 13th, 2024
7:15PM – 9:15PM
CSC-Raleigh

1st TIME FEE - \$40

REPEAT ATTENDANCE – Free!

***Must have active membership to participate.**

A Brown Belt Required Class!

*This class is required for
advancement to 1st Black!*

REQUIRED READING:
CSC Student Training Manual
Page 3-10 to 3-12

Attire: Complete Uniform w/all Patches!

功夫



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS
– *not liable for personal injury* –



1333 Buck Jones Rd.
Cary, NC 27511
919-283-MONK (919-283-6665)
www.shaolinNC.com



AM Mo Seyam
5th Degree Black
Belt